

every fortnight

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your say (page 14)**

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heroes (page 24)**

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(page 20)**

the newham mag

issue 176 // 7 August 2009

Face of the future

Could you be our next Young Mayor?

Countdown to Under the Stars

Four free nights of music, 3-6 September



LÂCHER DE VIOLONS (Freeing the Violins)

By Transe Express

| FRI 21 AUG

| BARKING TOWN SQUARE

| FROM 4.30PM

| 21-31 AUGUST

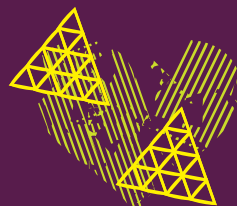
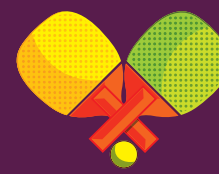
| ABBEY GREEN

| BARKING

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We've got a really varied issue for you this fortnight – it just goes to show how much is going on in Newham. We meet a former chef to the Malaysian royal family dishing up dinner to the homeless, an up and coming music star from Plaistow and two leading lights at Newham General Hospital. We've also got news of how to run for young mayor, tell the council how you want it to be run and stand up and be counted in the Census trial. Look after yourselves with advice on being fire safe and eating well during pregnancy. There's all this and more in this issue, so sit back and enjoy the read!

The Mag team

Don't forget – Free inside this issue, In Focus, containing news and events from Beckton, Green Street, Manor Park, Plaistow and Stratford and West Ham community forums.

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IN BRIEF //

Classic cars wanted

This year marks the tenth anniversary of Under the Stars, four free nights of music to suit all tastes. To commemorate the occasion there'll be a classic car showcase on display on the evening of Thursday 3 September. If you own a classic car and would like to get involved please call the events team on 020 3373 4797.

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Earn extra cash

Newham Council are looking for people to help update the electoral register. In order to vote you must be registered on the electoral roll. If you'd like to earn some extra cash, are free during September and October, like meeting new people and are a good communicator this may be the job for you. Full training will be provided and you can choose the hours that suit you; earnings will be performance based – so the harder you work the more you could earn! For more information call 020 3373 2789 or email zena.smith@newham.gov.uk

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Free bank holiday trading at Rathbone Market

If you're a street market trader take advantage of a free trading day at Canning Town's Rathbone Market. Free trading is a bank holiday tradition at the market and the council is inviting people to apply for a free pitch to trade on Monday 31 August. To apply for your pitch you must complete an application form. For more information or to request a form call 020 3373 1443, 07748 137 264 or email jim.eller@newham.gov.uk

Healthy means tasty at Anchor House



A Newham homeless hostel has been recognised for its dedication to providing residents with healthy meal options.

Anchor House, in Canning Town, was presented with a Healthier Options Award following a wholesome overhaul of the hostel's café menu. Resident chef and restaurant manager Nada Subramaniam has put vegetables, salads, semi-skimmed milk, unsaturated oils and fats and wholemeal bread at the forefront of every menu.

After presenting their award, Councillor Neil Wilson, executive member for equalities and social inclusion, said: "Every day we're being told by the media about how important it is to maintain a healthy lifestyle with the right diet and exercise. Here at Anchor House, staff are taking the lead by making small changes that will ensure residents and the wider community can reach that target."

Young views wanted

Are you a young person with ideas about how the council can make things better for children? Then get along to a free, activity packed fun day at Cleves School in Arragon Road on Wednesday 12 August. Dubbed More Power 2 U, the event runs from 11am-4pm and includes information stalls on healthy lifestyles, sexual health, benefits and youth services. There will also be fun activities including T-shirt painting, sport sessions, henna tattooing, nail art and DJ skills. Every child that attends will be asked to list at least one thing they feel the council should pledge to every child it is responsible for. More Power 2 U is organised by the council's Children's Rights Service and is aimed at children looked after by the local authority, but all young people living in the borough are welcome to attend. For more information email childrensrights@newham.gov.uk or call 020 8430 6216.



News

Driving out unlicensed vehicles

A total of 107 unlicensed or uninsured vehicles were removed from the streets of Newham in June – the highest of any London borough.

The removals were carried out as part of the London-wide campaign Operation Reclaim, which is a joint initiative between the council and police in Newham

The operation targets illegal motor

vehicles and individuals involved in criminal activity. Chief Inspector Zander Gibson of Newham Police said: “We’re sending out a clear message that if you drive without a license or insurance, there is a serious risk of you losing your car.”

Mayor Sir Robin Wales said: “We will never apologise for getting tough on drivers who flout the law.”



Thanks to head teachers

(l-r) Cllr Quintin Peppiatt, executive for children and young people; Jane Noble, Sir Robin Wales, Veronica Clarke, and Kim Bromley-Derry, executive director for children and young people



Mayor Sir Robin Wales hosted a reception to say thank you to head teachers for their hard work in raising standards of education – and say farewell to some who are retiring or leaving for new roles.

Departing head teachers are Brigid Jackson-Dooley of Cleves School, East Ham; Jane Noble of Cumberland School, Plaistow; Delia Smith of St Angela’s School, Forest Gate; Vanessa Wiseman of Langdon School, East Ham; Sister Kathleen Colmer of St Antony’s School,

Forest Gate; and Veronica Clarke of Roman Road School, East Ham.

Sir Robin said: “Head teachers are pioneering year on year improvement in standards of education and attainment in our schools. To those who are leaving, we wish them all the best and thank them for their sterling work.”

The teachers received commemorative pens engraved with their years of service.

NEWS // IN PICTURES

Bridging the gap: due to open in 2011, a new 18-metre wide route for vehicles, pedestrians and cyclists will link the Olympic Village and Westfield's Stratford City development.





Tiny tots Kishan and Shyan Lodhia join jolly Jelly from CBeebies's Story Makers for arts, crafts and a teddy bears' picnic in East Ham's Central Park, part of Love Parks Week



Thrive 2009 at Keir Hardie Park, Canning Town, was a knockout!



A wheelie good time at the tenth annual Forest Gate Festival



Olympic 100m gold medallist, Linford Christie visits Newham to coach youngsters at the Nike Street Athletics event



HM The Queen during her visit to Beckton earlier this year



HRH The Prince of Wales meets Sir Robin during his visit to Newham on his 60th birthday



King George and Queen Mary at Stratford Railway Works, 1921, now the Olympic site

Royal request

The great affection with which Newham and the rest of East London holds all things royal is well known.

Older residents often remind me how HRH The Queen Mother inspired the East End during The Blitz and how the Royal Docks have welcomed the world. Younger people recall how we gave a right royal welcome to HM The Queen when she chose to celebrate her Golden Jubilee with us in 2002.

"A new royal park would be a fitting legacy of the Games."

Now as we prepare for the Queen's Diamond Jubilee celebrations and the London 2012 Olympic Games and Paralympic Games, we want to cement that unique relationship even further by having a Royal Park for East London.

Newham has a young, vibrant and diverse population that is full of potential and enthusiasm for the future.

Our communities enjoy doing things together, keeping active together and getting to know one another. That is why a new Royal Park would be a fitting legacy of the Games – providing a great new space to do just that.

A Royal Olympic Park will not only attract tourists to the borough – it will be a great new park for us as residents. It will be to East London what Kensington Gardens is to West London.

A Royal Park for Newham would bring prestige and prominence and complement the resurgence of the East End.

Newham is more and more the place to be – something we always knew – so what better way to recognise this by extending the Royal Park family into the heart of East London. We want it to attract visitors for many years to come.

This is a once-in-a-lifetime opportunity. There probably won't be another Olympics in East London. The spotlight of the world is on us. Let's be ambitious.



Mayor's view

Come on Christine!

I'm looking forward to watching the World Athletics Championships which begin in Berlin next week, to see how our own Christine Ohuruogu gets on.

Christine is the current 400m champion and I'm sure you will all join me in wishing the 'Stratford flyer' the best of luck as she defends her title.

We were all so proud of her when she took the gold medal at the Beijing Olympic Games last year. Her achievements are an inspiration to all of us, but particularly our young people, because she has shown how far you can go with determination, aspiration and hard work.

I have always said that the reason we



Christine (pictured centre) with Sir Robin and pupils from Gallions School

want to host the Olympic Games and Paralympic Games in 2012 is not for the short term glory of the event, but the long term opportunities they will bring to residents.

Part of that is about inspiring our children for the future, helping them to unlock their potential and not to be limited in their beliefs of what they can achieve.

No one is a better role model for this than Christine. What better example can a child of Newham have than to look to one of our own – a girl from Stratford – who wins against the best the world can offer. Good luck Christine!

Out and about

I visited two events that show how we are really making a difference to the borough.

I joined more than 1,500 people for the Thrive 2009 event at Keir Hardie Recreation Ground in Canning Town to hear about all the exciting development plans for the E16 area.

As well as all the free fun and sports for children, it was a chance to see how the improved town centres are going to look and how the new A13 junction will connect up the area.

At Stratford Park residents had the opportunity to see details of the array

of environment improvements we are carrying out in the Stratford and West Ham areas. It was also interesting to hear people's views on how they want to benefit from the Olympic Games.

We're spending £24m on making the borough a place that people can be proud of, including improvements to roads, parks, play areas and lighting.

We'll work continuously to deliver the changes you want for your neighbourhoods. We want you to have the best.



Sir Robin meets residents and local councillors at Thrive 2009



Sir Robin and Cllr Richard Crawford in Stratford Park

with Sir Robin Wales

Fun Under the Stars

ANNIVERSARY • 10th • ANNIVERSARY

The English weather may have its ups and downs but in Newham there's still a reason to be cheerful: our free family festivities! And one of the biggest and best events of the summer is yet to come: Under the Stars, the four-night musical extravaganza in Central Park, East Ham. Every year, thousands of you come to be treated to first-class musical acts across four evenings – with kids enjoying daytime children's parties – and it's all completely free. Here's a little taste of what's to come...

COME DANCING WITH US

Thursday 3 September 7-10.30pm

Come and enjoy a night of music from the 1940s and 50s, designed to get your toes twinkling. Whether you're a novice or an old hand, come and shake a leg on Thursday night, or admire our classic car showcase.



UNDER 5s' PICNIC

Friday 4 September 12-3.30pm

Got a child under five? Join Newham's littlest residents – and their parents – as we munch the day away, with entertainment laid on. Bring a picnic and a blanket.

ASIAN EVENING WITH THE BBC ASIAN NETWORK

Friday 4 September 7-10.30pm

A night of the freshest Asian acts on stage, complete with DJ sets from the BBC Asian Network; this is bound to be the liveliest way to see in the weekend. Check your next issue of the Mag for details.

CHILDREN'S PARTY

Saturday 5 September 12-3.30pm

More fun for the small fry! An afternoon that promises to be organised mayhem, with entertainment and activities to please all sorts. More details coming soon.

50 YEARS OF MOTOWN

Saturday 5 September 7-10.30pm

A tribute to one of the most magical musical movements, as it celebrates its 50th birthday. Eloise, a rising star whose songs resonate with 1960s soul, will headline, alongside acts paying tribute to legends of the era. Every tune will be a winner!



ROYAL PHILHARMONIC CONCERT ORCHESTRA

Sunday 6 September 7-10.30pm

A very classic send-off, as the Royal Philharmonic Concert Orchestra fills the night air with music that's stood the test of time. To honour the occasion, there will be a fantastic fireworks finale too – a real feast for all the senses!

Get your free guide to Under the Stars inside the next issue of the Newham Mag.

FREE

Newham London

Midsummer's Ball

Thursday 20 August
Stratford Park
West Ham Lane
Stratford E15
1.30 - 4.30pm

Live music and dancing
to the Luis Lema Salsa Band
and demonstration by salsa
champions Ivan and Ellie.

For tickets or further information
call 020 8430 2486



**The Mayor's
Promise #16**

(This event is for Newham adult residents only)

Part of the Summer Centre programme.
For further information visit
www.newham.gov.uk

**Stop
the
violence
make
your
break**



Physical or emotional, abuse is ugly in all its forms. If you're in a violent relationship it can seem like there is no way out, but a team of professionals are waiting to help you make the break that may save your life.

The Family Justice Centre (FJC) supports women and children who have been victims of violence. Working alongside council services they help families under threat by a partner or spouse, providing a service which ensures victims are safe, supported and eventually able to live independently, without the threat of violence. The FJC can help with issues including substance misuse, honour based violence, forced marriage, rape and sexual assault. They work to ensure that perpetrators of domestic violence are held responsible for their actions.

The FJC receives support from medical and legal professionals, police officers, probation officers, social workers and housing providers. They also provide benefit advice, education advice and help with a range of children's services.

The Family Justice Centre can help with:

- > arranging safe, emergency accommodation, including refuge spaces
- > injunctions
- > housing and benefit advice
- > advice on immigration
- > arranging 'sanctuary' provision by changing locks and replacing windows and doors.

The FJC also provide safety planning, which assists those under threat by ensuring that when they are ready to leave their abuser they know where to go, what to do and who to contact, and remember important documentation like their passport or benefit book.

If you would like more information about the FJC call 020 3373 3053.

In her own words – Dena's story

Dena married her husband Adam in 2006 after a whirlwind romance. Almost immediately Adam became verbally and emotionally abusive. In her own words, she describes Adam as "out of control". She vividly remembers the first violent incident – a blow to the head – just before Ramadan in 2007. Sadly, this was no one-off. Adam's violence escalated. He grabbed her throat, pushed her against the wall and floor and down the stairs. He demanded Dena's passport but when she refused he assaulted her. Despite living with her in-laws, no one did anything to challenge or stop the abuse. A prisoner in her own home, Dena was tightly controlled by her husband and not allowed out alone.

One evening, after Dena had been abused, she decided enough was enough and she fled the house barefooted in just her pyjamas and ran to Forest Gate Police Station. While there, her father-in-law and sister-in-law came looking for her. Her father-in-law warned her that if she pressed charges the government would deport her and she would be destitute. Despite the police officer's efforts to convince her

to stay and complete a report, she left and was taken to her sister-in-law's house. Two days later Adam came to his sister's house and gave Dena an Islamic divorce. She was swiftly thrown out of the house. Desperate, she returned to the police station. They arranged emergency accommodation for Dena and put her in touch with the Family Justice Centre (FJC).

Dena led such a controlled and sheltered life she had no idea what public transport was, had no knowledge of the local area and was terrified of being alone in a strange city.

The FJC helped Dena get back on her feet and gave her the confidence she needed to become independent. With help from adult social services, she was helped with costs for food, travel and accommodation. The FJC also helped her to look for work and accommodation – the deposit for which was paid for by them. Most importantly, Dena now feels safe. She has no contact with her ex-husband and is even considering undertaking a Master's degree to further her career.

Names have been changed to protect identities

Did you know?

- > Domestic violence accounts for 16 per cent of recorded crime, although as it's under-reported it's assumed that in reality this figure is much higher.
- > Domestic violence has more repeat victims than any other crime (on average the victim will be assaulted 35 times before they call the police).
- > One in four women and one in six men will experience some form of domestic violence in their lifetime.

Services under scrutiny

Scrutiny is a way for councillors to look closely at what services the council and its partners offer residents and how they can be improved.



Scrutiny commissions, made up of councillors, collect information about an issue under review from a range of sources including residents. Your comments will help shape any recommendations made to Mayor Sir Robin Wales and the council's partners.

Under review

CCTV cameras

CCTV is a topical issue. This review wants to explore the number and purpose of CCTV cameras in Newham. Do CCTV cameras make you feel safe? Do you think they are helping to cut crime? Almost everyone has an opinion on CCTV, make sure yours is heard.

Sports opportunities for young people

What do you think about the sports activities provided for young people outside of school hours? Regardless of your age, we want to hear your comments.

Children with diabetes

The Health Scrutiny Commission is looking at the number of children with diabetes and what is being done to help them. Do you know a child with diabetes? What do you think of the support available to them?

Employing disabled people

The council is trying to remove barriers to employment for people with learning disabilities. What are the main barriers? How should the council help overcome these?

Signage

Are you sick of signposts cluttering up the streets? Are there areas of Newham with a lack of clear signs? The council is reviewing all types of signage and wants your opinions.

Energy supply

This review will be looking at how Newham can utilise green energy sources to reduce its carbon footprint, send less waste to landfill and save the council and residents money. What sources of energy do you think we should be making more use of?

Ageing well

What do you think of the council and its partners' services and support for older people? What should be provided in future?

You have until the end of October to make your voice heard. After the evidence is gathered for each issue, a report with recommendations will be produced and presented to the Mayor for a response.

Get involved

If you're interested in contributing to any of the scrutiny commission reviews email: scrutinyteam@newham.gov.uk or write to Overview and Scrutiny, 1st Floor West, Newham Dockside, 1000 Dockside Road, London E16 2QU.

If you want information about scrutiny, you can visit the website: www.newham.gov.uk/Services/Scrutiny

Change your mind about university

Information and advice about studying at university

Find out where we will be at:

www.birkbeckstratford.ac.uk or call 0845 601 0174



Birkbeck will be visiting libraries in Newham between 10–17 August.

Come and find out more about our range of introductory and advanced evening university courses that we run in Stratford and central London.



Have you recently been made redundant?

Do you live in East London and want support in finding work?

Newham College are holding a FREE two day 'Change of Career' and 'Career Development' workshop

Wed 19th and Thurs 20th August

Wed 9th and Thurs 10th September



- ✓ Develop your skills and strengths
- ✓ Identify different career paths
- ✓ Build a comprehensive learning plan
- ✓ Maximise your impact at interview
- ✓ Increase the effectiveness of your CV
- ✓ Get access to real jobs – last year we helped 130 local people get back into work!

To register, call Jazz Singh on 020 8522 5708 or email jaspal.singh@newham.ac.uk



Real help now



explore

Open House – see what's inside the Olympic Park

- free bus tours of the Olympic Park
- free London 2012 exhibition

Date: 19–20 September 2009

Booking: 0300 2012 550. Booking line opens 10 August. Advance booking is essential.

Visit london2012.com/openhouse for more information.

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Young Mayor of Newham – could it be you?

Are you aged between 11 and 17-years-old?
Do you live work or study in Newham?
Can you represent the views of thousands of young people?
You could be Newham's next Young Mayor

It seems like yesterday that a packed Main Hall, in East Ham's Newham Town Hall, erupted with excitement as Joshua Adejokun was declared Newham's second Young Mayor, with Tommy Seagull coming a respectable second, making him Deputy Young Mayor. After almost a year in office, Joshua, Tommy and the runner-up candidates who formed part of the Youth Council are ready to hand over the reins to a new set of people – one of which could be you.

Juggling representing Newham's young people with school work can be tough but for Joshua and Deputy Tommy it's been a challenge they have relished.

It's no surprise that crime has featured high on theirs and the Youth Council's agenda. A consistent concern in all candidates' manifestos, Joshua explained: "We attended events with a map of Newham and asked adults and young people to highlight where they felt

unsafe. We took this information to the police and talked about how to make people feel safer."

It's not just the police they've made stand up and listen. Earlier this year the pair visited the Houses of Parliament to join other young people to lobby politicians to take the views of young people into account when shaping policy. Joshua said: "We spoke to a lot of MPs and people in charge of the way things are governed for young people.

As a 15-year-old speaking to a high profile MP, telling him how he should be doing his job, I was quite nervous and it felt a little awkward but I had to do that – that's what I have been voted in to do."

Tommy added: "Our opinions as young people are valuable. If MPs and politicians want to cater for young people they need to listen – they can't possibly know what we want without asking us."

Still reeling in awe of their win at last year's election, the duo are keen that even more people are involved in the campaign this year. Tommy said: "Politics has a bad reputation but that's not because politics itself is bad it's because politicians are out of touch. One of our aims has been to raise the profile of the Young Mayor scheme. We want more people than ever to get involved this year, as candidates, supporters or campaigners but most importantly, as voters."



(l-r) Joshua Adejokun and Tommy Seagull



Think you've got what it takes?

If you're up for the challenge start thinking about who could support your application. You'll need 50 signatures from young people, as well as approval from your parent or carer, head teacher, principal or employer. Nominations open on Monday 17 August. From this date you can download a nomination form from Newham.gov.uk/youngmayor, or collect one from any Newham Connexions office or your school or college when they reopen after the summer break. Complete and return your form by Wednesday 16 September to: **Young Mayor of Newham, Y Pod, 6 High St South, East Ham London E6 6ES.**

A term in pictures



December 2008

Joshua meets Prime Minister Gordon Brown at the launch of the No to Knives coalition and shares his views on how to reduce knife crime.



January, March and July 2009

Young Mayor and Youth Council attend community events and quiz young and old about crime and the fear of crime.



April 2009

Visit to Westminster for a parliamentary forum to lobby MPs and ministers for greater youth representation, joined by 150 other young people from across the country.



June 2009

Young Mayor speaks at the ELBA (East London Business Alliance) 20th anniversary to ask local businesses to support local young people.



June 2009

The Youth Council join Newham Children's Parliament for Be the Change, helping to increase recycling at home and in schools and explore energy saving options.

Fit for a king

Nada Subramaniam knows a lot about fine dining. His culinary experience as a chef was gained in the five-star hotels of Malaysia's Golden Triangle and in the grand dining halls of the country's royal home *Istana Negara*.



His hard work and expertise brought him to London and to Harrods, where he worked as head chef and later as personal chef to its owner, Mohammed Al Fayed. He is now the catering manager at Canning Town homeless hostel, Anchor House. Nine years since he left his native Malaysia we speak to Nada about his journey from serving nobility to serving the needy.

Charity Anchor House is a 118-bed homeless centre for singles aged from 20 to 60. Nada, despite only being in post for year, has recently gained Healthy Options status from Newham Council for his healthy meals for Anchor House residents – and the community, who for just £2 can enjoy a delicious, nutritionally balanced meal and dessert. He said: “There are some real health freaks here! They requested a healthy option meal at least once a week.

“I worked with a nutritionist who looked at our menus and suggested where we could make small changes; eg. baking hash browns rather than frying, using unsalted butter or margarine and replacing full fat milk with semi-skimmed.”

**“ I’d like to build
a training kitchen
so we can deliver
apprenticeships from
Anchor House.”**

The award is merely the icing on the cake. Under his supervision, and with his encouragement, 15 residents have gained a formal catering qualification and Nada has persuaded many more to give up their time to volunteer in the hostel’s kitchen. Nada is brimming with ideas and opportunities for the residents at Anchor House. He said: “At the moment I teach residents basic food hygiene and how a professional kitchen works before putting them forward for a formal qualification at college. I’d like to build a training kitchen so we can deliver apprenticeships from Anchor House.”

A former seaman’s hotel, Anchor

House doesn’t just provide a roof over its residents’ heads, it also helps them with their confidence and self-esteem and steers them towards living an independent life. Anchor House welcomes the wider community with open arms, offering them qualifications in IT, entry level English and maths and CSCS (Construction Skills Certification Scheme).

Being healthy can be hard when you’re working with a shoe string budget. As well as keeping his eyes on the pennies, Nada has managed to persuade his suppliers to charge him the same price they charge schools for ingredients. This is supported by regular donations from Fairshare, a charity who distribute supermarket food which is about to expire to organisations like Anchor House.

What lured someone with Nada’s wealthy of experience from the glamour of Knightsbridge to the not so glamorous Canning Town? He laughs: “When I came for the interview they asked me the same question! I’ve been working as a chef for 22 years. I feel good about doing something for my local community, especially the people here at Anchor House, and if they want to learn skills I can teach them.” He also admits: “The work of a chef can be quite anti-social, so you tend to miss a lot of special occasions. I’ve got two young girls. In my other jobs the money was great but I didn’t have time for socialising. My salary has dropped but I have a better quality of life.”

Anchor House is not just a hostel or a recognised Healthy Options Café or an accredited training facility – it’s all this and more. If you’re in doubt about our claims and want more information about the organisation pop down to their premises on Barking Road and see for yourself.

**For more information about
Anchor House visit
www.anchorhouseuk.org
To book make a lunch
booking call 020 7476 6062
before 9.30am on the day
you wish to go.**

Recent news has highlighted the importance of fire safety and of carrying out simple safety checks that can help protect you from fire.

Fire safety – stay safe, stay alive

Newham Homes, with Essex and Silvertown & Stratford Fire and Rescue Services, has produced a list of simple safety checks that can help avoid a fire starting in your home and keep you, your family and your property safe from fire.

FIRE PREVENTION

- Have a number of smoke detectors in your home and test them regularly. Don't put alarms in kitchens or bathrooms where smoke and steam could accidentally set them off. See below for information on free home assessments and smoke detectors.
- If you have difficulty hearing, buy a specially adapted smoke alarm. The Royal National Institute for the Deaf can provide more information on 01733 361 199
- Don't smoke in bed and put cigarettes out properly before emptying ashtrays
- Don't dry laundry around fires or cookers and always use fireguards around fires
- Keep matches and lighters away from children
- Unplug or switch off electrical equipment after use. Never overload sockets and look out for signs of faulty appliances or wiring, such as plugs and sockets that heat up or have scorch marks or fuses that blow for no obvious reason
- Close all doors before going to bed
- Take extra care when deep-frying. If a pan of hot oil catches fire, cover it with a

damp cloth. Do not throw water on the pan

- Never leave lit candles or incense unattended

KNOW THE ESCAPE ROUTES FROM YOUR HOME

Make sure everyone in your home knows how to escape in case of fire. The best route is usually the main entrance. Leaving a fire quickly and safely in its early stages will save lives.

Ensure that:

- Your escape route is always kept clear
- If there is a rubbish chute, you use this to dispose of rubbish
- Everyone in your home knows where door and window keys are kept
- You plan for difficulties other household members may have, eg mobility issues

HIGH-RISE ESCAPE

Living above the first floor doesn't make you any more at risk from fire, but you do need to plan your escape differently:

- Newham's high-rise flats are built so that walls, ceilings and doors hold back flames and smoke. If there's a fire in the building, you're safest in your own flat unless heat or smoke is affecting you
- You will not be able to use the lift if there is a fire, so plan another escape route
- It's easy to become confused in the dark, so count the doors you'd need to go through to reach the stairs

In the event of a fire...

- If a fire breaks out in your flat, make sure all occupants know
- Do not collect belongings. Leave the room and, if it is safe to do so, close the door; this may help prevent fire from spreading
- Make sure everyone is out and close your front door.
- Call the fire brigade on **999**, using a neighbour's phone, a mobile phone or call box
- Do not return until the fire brigade says that it is safe to do so
- Don't use a balcony unless it is a proper escape route
- If you are trapped, close the door of the room and use bedding or clothes – dampened if possible – to block any gaps under the door
- Shout from the window for people to call the fire brigade

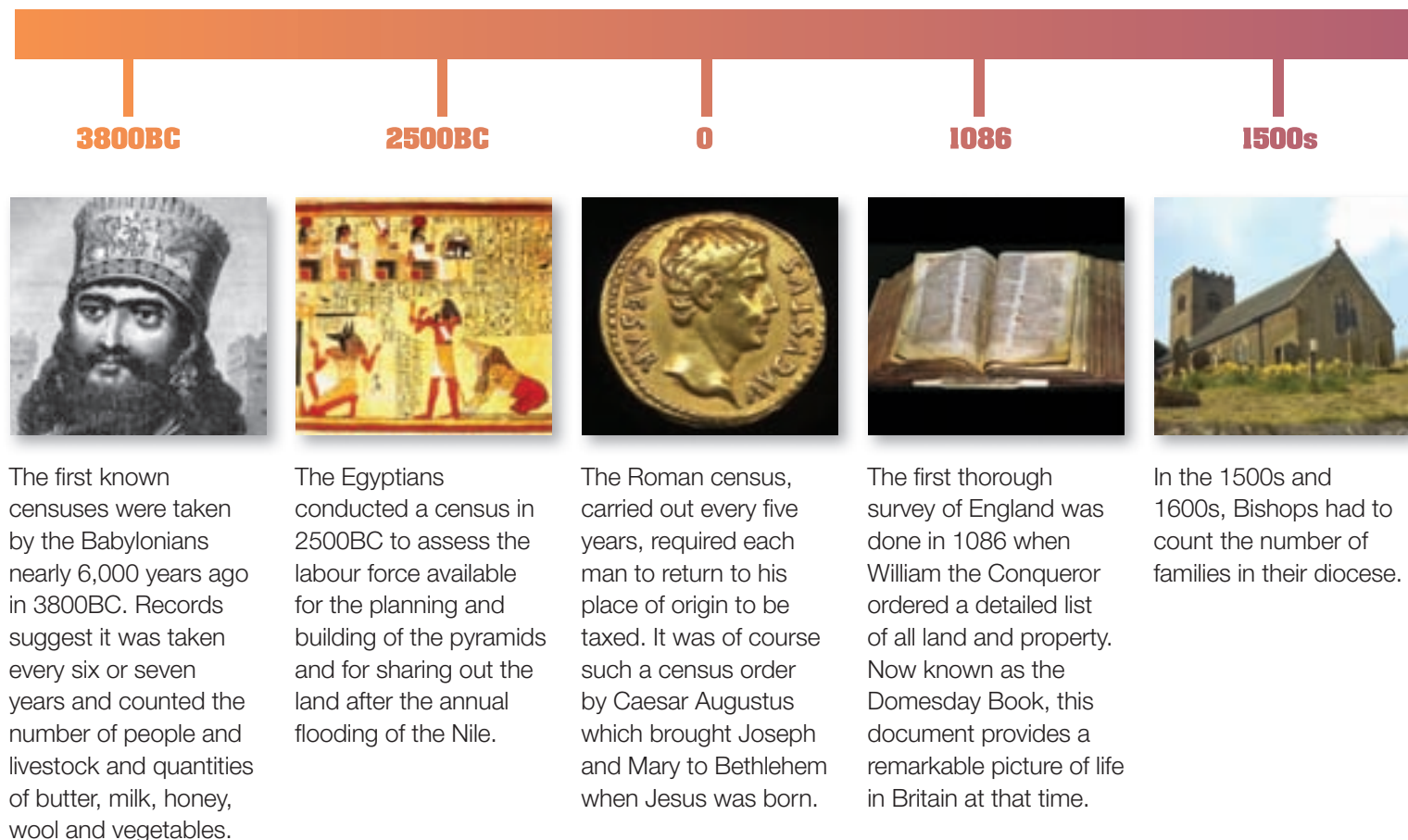
ARRANGE A FREE HOME FIRE SAFETY VISIT

The London Fire Brigade can visit you to advise on making your home safe and, if appropriate, fit a smoke detector for free. Even if you have already fitted smoke detectors, the officers can offer fire safety advice.

For more information on free Home Fire Safety Visits, call free on 08000 28 44 28, email smokealarms@london-fire.gov.uk or visit www.london-fire.gov.uk



History of the census



Counting you in

The census provides a complete source of information about the population, which enables the Government and Newham Council, as well as health authorities and many other organisations, to plan essential services like housing, education, health and transport for years to come.

On 27 March 2011, every household in the UK will take part in the next census. However, to help prepare for this, on 11 October this year, selected residents in Newham are being asked to take part in a dress rehearsal for the national event.

The Office for National Statistics is carrying out the rehearsal in order to check that all systems and procedures

are ready and working well before the real census in 2011.

Accurate

Having an accurate count of the population in the borough will help the Government calculate the amount of money it allocates to us. The 2011 census is a chance to make sure we receive funding to provide the services that you want. An undercount of 1,000 people in a local authority equates to £500,000 lost per annum in funding.

Mayor Sir Robin Wales said: "The census is the only time that every person and household is counted so that makes it vital that we all take part. Knowing

exactly how many people there are in the borough is vitally important in the planning and funding of the services we deliver to residents.

"Each adult and child needs to be counted, even if they are visitors to the area or the UK.

"The more people counted means the more money we could get to spend on the things that matter to residents."

Governments of every era have recognised the need to collect information about the general population. The Babylonians and the Chinese held censuses mainly for military and taxation purposes and the Egyptians collected information on the population so that they

1801



Parliament passed the Census Act in 1800 and the first official census took place on 10 March 1801.

1841



The 1841 census was the first to give each head of household a form to fill in on a certain day. This still forms the basis of the system in use today.

1931



1931 saw six public broadcasts by the BBC via wireless to explain the purpose of the census.

1961



In 1961 an electronic computer was used for the first time to process the census results. It took more than five years to produce the full set of statistics.

2011



In 2011 respondents will be able to complete the census on the internet.

Since 1801, the nation has set aside one day every ten years for a census – a count of all people and households across England and Wales.

could plan armies of people to build the pyramids.

The UK census has nothing to do with military planning or taxation; the information it collects is used to produce statistics to help plan and allocate funding for the facilities that communities need for the next ten years.

The census is the only survey that covers the whole population at the same time, asking the same core questions everywhere.

Testing

Dave Farrar, census area manager for Newham, said: "To ensure census results are accurate we have to be sure that all

our processes and systems work. We can't do this without testing them and that is why there is a rehearsal on 11 October."

Although participation is voluntary for the October census rehearsal, participation in the 2011 census is compulsory.

The rehearsal will create a number of temporary jobs for people living in the borough and although the results of the test will not be published, it will give residents the chance to help develop important systems for the main nationwide survey in 2011.

The questionnaire will either be hand delivered or arrive by post at

selected homes and will take about 15 minutes per person to complete. Guidance instructions for filling in the form are available in more than 33 different languages and for the first time answers can even be submitted online. All information given is kept strictly confidential and protected by law.

If you want more information about the 2011 census or the rehearsal log on to:
www.census.gov.uk





Healthy diet = healthy pregnancy

Pregnant and clinically overweight or underweight? You can get the nutritional advice you need from the Healthy Pregnancy Clinic.

The clinic is another innovative service that Newham University Hospital NHS Trust is offering to ensure the highest quality of care.

Angelique Lee has been attending the clinic. She tells us about her experience: "I found the clinic really helpful. Now I'm pregnant I need to pay more attention to what I can and can't eat. I was advised on portion sizes and how to eat a balanced diet. It was helpful to know what vitamins and minerals I should be taking. It also meant I knew what weight I should be.

"After going to the clinic I started to

notice some changes; I had more energy and stopped feeling hungry for sugary foods throughout the day, as I was eating a good breakfast and getting the right balance of foods.

"It was comforting to know that I could talk through any concerns with someone who has the answers. I got advice on how to take care of myself and the baby, not just through the pregnancy but afterwards as well.

"If I would definitely recommend the clinic. I found the one-to-one help vital. We all want our baby to have the best start in life; whatever I can do now in the growth stages of my baby's development, I will, and this clinic gives me the knowledge to do the best I can."

Why eat well during pregnancy?

Pregnant women can minimise and possibly prevent the risk of complications during pregnancy and childbirth by establishing a healthier diet. This service offers at-risk pregnant women (body mass index (BMI) below 18.5 or over 30) support from a specialist maternity dietician who provides a dietary assessment and offers nutritional advice.

How do I access the clinic?

The clinic is for all pregnant women who are found to be at risk on booking their pregnancy. If you are at risk you will be referred to the Healthy Pregnancy clinic. Talk to your GP or midwife for more information.



Nurse of the Year, Michelle McLelland

As an older people's professional development nurse, Michelle helps patients indirectly, through the advice and support that she gives to other nurses.

Michelle's passion for her area of expertise is obvious. She says: "You're looking after people at their most vulnerable and even small changes can make a huge difference to them. There's great job satisfaction; when you see a nurse really getting interested and changing how she or he works, that's the best thing about the job."

Older people's nursing hasn't always been seen as an attractive option. Says Michelle: "It was once seen as very basic, but it's far from it. Because older patients often have such a range of problems, you need to be highly skilled in lots of areas. I like to think of myself as one of the people getting the message out there that older people's nursing is challenging, interesting and really satisfying."

Rewarding work

Meet two inspiring women from your local hospital who were recently rewarded for their dedication and hard work.

Midwife of the Year, Althea Daley

Althea Daley has been a midwife for a massive 34 years. Speak to Althea for five minutes and you'll know she was born to be a midwife; she says simply: "It's my calling."

Newham University Hospital NHS Trust aims to assign each pregnant woman her own midwife, and Althea says: "It's hard work – sometimes you have to be five or six people at once! It's demanding work and you need to be patient too, but the rewards are so great – it's the best job in the world. There's no feeling like handing a baby to their mother for the first time and, at the end of each day, you can sit down and know you've contributed something."

What's the secret to being a great midwife? Althea doesn't hesitate: "Listening. Midwives are health professionals but women know their own bodies and you can't beat that. My motto is: treat your patients as you would like to be treated."



London Borough of Newham

Members' allowances – publication of allowances paid to members and co-opted members in the 2008/2009 financial year

As part of the legislation that sets out the arrangements for the payment of allowances, details of amounts paid to each Member of the Council and each Co-opted Member of a Committee must be published within the local authority's area. This notice sets out the relevant information for the 2008/2009 financial year.

During the 2008/2009 financial year, the Council operated the following allowance scheme:

Basic Allowance per Councillor: £10,722 per annum

Mayor's Allowance: £78,063 per annum

Deputy Mayor's Allowance: £43,803 per annum

Special Responsibility Allowances (in addition to the basic allowance) for posts with different levels of responsibility attached to them:

Band	SRA £
1A	3,585
1B	5,125
2A	7,685
2B	10,245
3A	14,345
3B	18,440
4A	22,540
4B	26,635
4C	30,735

Special Responsibility Allowances (in addition to any other allowance) for Members appointed to represent the Council on the following Bodies (this allowance to cease if that Body establishes a scheme of its own):

External Body	SRA £
London Councils Panel Member	1,025
East London Waste Authority	1,025
Association Public Service Excellence	1,025

Annual Allowances for non-elected Co-opted/Independent members serving on the following:

External Body	SRA £
Overview and Scrutiny Committee	492
Children and Young People Scrutiny Commission	492
Other Scrutiny Commissions	492
Standards Committee	410
Chair of Standards Committee	820

In addition, whilst not being part of the Newham Member Allowance Scheme, under the Local Government Act 1972, the holders of the office of Civic Ambassador and Deputy Civic Ambassador received allowances to offset the expenses of these offices. For 2008/2009 the allowance for the Civic Ambassador was £7,500 and for the Deputy Civic Ambassador £3,500.

Childcare/dependants allowance – £7.20 per hour up to 10pm and £9.60 per hour after 10pm irrespective of the number of people cared for.

Travelling Allowances – The reimbursement of actual travel costs incurred whilst

undertaking duties outside Newham.

Subsistence Allowances – The reimbursement of actual subsistence costs incurred whilst undertaking duties outside Newham. This allowance is limited to a maximum daily rate of £28.70 for meals and a maximum overnight rate of £115 for accommodation.

The Council is required to publish details of the payments made to each Member of the Council and each Co-opted Member of a Committee in respect of the following allowances:

- **Basic Allowance**

- **Special Responsibility Allowance**
- **Travelling Allowance**
- **Subsistence Allowance**
- **Dependants' Carers' Allowance**
- **Co-optees' Allowance**

Details of the amounts paid to each Member in the 2008/2009 financial year are set out in two Schedules. The amounts shown are before the deduction of Tax and National Insurance. Schedule 1 details the payments made to each elected Member under the scheme. Schedule 2 details payments made to Co-opted Members.

*Joe Duckworth, Chief Executive
June 2009*

SCHEDULE 1 – Members of the Council serving from 1st April 2008 to 31st March 2009

Initials	Name	Basic Allowance £	Special Responsibility Allowance £	Travelling Allowance £	Subsistence Allowance £	Dependants' Carers' Allowance £
RA	WALES (Mayor)	0	78,063	0	0	0
H	ABDULMUHIT	10,627	0	0	0	0
S	ADEMOLAKE	10,627	0	0	0	0
S	AHMAD	10,627	0	0	0	0
AK	ALI	10,627	3,125	0	0	0
Z	ALI	10,627	3,585	302	0	0
AR	BAIKIE	10,627	30,735	0	0	0
F	BOURNE	10,627	9,006	0	0	0
CH	BOWDEN	10,627	43,803	79	44	0
PM	BRICKELL	10,627	14,345	0	0	0
J	BUTLER	10,627	5,125	0	0	0
AA	CHAUDHARY	10,627	1,236	0	0	0
A	CHOWDHURY	10,627	5,125	0	0	0
MS	COLLIER	10,627	10,245	0	0	0
IK	CORBETT	10,627	30,851	82	0	0
JH	CORBETT	10,627	14,345	0	0	0
A	CRAIG	10,627	3,585	0	0	0
RJ	CRAWFORD	10,627	30,735	0	0	0
U	DESAI	10,627	30,735	50	0	0
CW	FURNESS	10,627	14,345	0	0	0
O	GANGADHARAN	10,627	0	0	5	0
JH	GARFIELD	10,627	0	0	0	0
DA	GRIFFIN	10,627	10,245	0	0	0
M	HARRIS MITCHELL	10,627	1,263	0	0	0
PM	HOLLAND	10,627	3,585	0	0	0
LT	HUDSON	10,627	14,345	0	0	0
KJ	JENKINS	10,627	10,245	0	0	0
M	JONES	10,627	0	0	0	0
A	KARIM	10,627	0	0	0	0
KR	KAZI	10,627	0	0	0	0
A	KELLAWAY	10,627	22,540	96	108	0
J	KNOTT	10,627	4,939	0	0	0
JH	LAGUDA	10,627	23,224	0	0	0
G	LANE	10,687	0	0	0	0
JE	LEITCH	10,627	18,440	0	0	0
S	MAHMOOD	10,627	3,585	0	0	0
RN	MANLEY	10,627	15,370	203	84	0
SS	MARWAY	10,627	0	0	0	0

SCHEDULE 1 – Members of the Council serving from 1st April 2008 to 31st March 2009 (cont.)

Initials	Name	Basic Allowance £	Special Responsibility Allowance £	Travelling Allowance £	Subsistence Allowance £	Dependants' Carers' Allowance £
AB	MCALMONT	10,627	14,345	0	0	0
C	MCAULEY	10,627	30,735	0	0	0
RA	MIRZA	10,627	14,345	0	0	0
P	MURPHY	10,627	16,366	0	0	0
M	NICHOLAS	10,627	0	0	0	0
Q	PEPPIATT	10,627	18,440	228	0	0
R	RAHMAN	10,627	4,505	0	0	0
P	SATHIANESAN	10,627	0	0	0	0
PW	SCHAFER	10,627	10,245	0	0	0
K	SCORESBY	10,627	7,685	0	0	0
L	SHAH	10,627	3,585	0	0	234
A	SHAKOOR	10,627	0	0	0	0
PL	SHEEKEY	10,627	6,034	0	0	0
AK	SHEIKH	10,627	3,585	0	0	0
PJ	SHILLINGFORD	10,627	9,006	0	0	0
A	SINGH	10,627	14,345	0	0	0
MM	SKYERS	10,627	5,125	0	0	0
EH	SPARROWHAWK	10,627	18,771	0	0	0
D	STAFFORD	10,627	0	0	0	0
S	TUCKER	8,891	4,271	0	0	0
WT	VAUGHAN	10,627	10,245	0	0	0
RT	WILLIAMS	10,627	442	0	0	0
NJ	WILSON	10,627	14,345	0	0	0

NOTES

1. All Members who are provided with a computer at home to support their work as a Councillor and use the computer for personal use are required to make a payment of £60 per year. This contribution is taken from the basic allowance (Column 3) before payment of the basic allowance is made.
2. All Members are required to pay fees (£35 per annum) to the Data Controller in respect of Data Protection Registration. This contribution is taken from the basic allowance (Column 3) before payment of the basic allowance is paid.
3. The SRA (Column 4) paid to Councillor Manley includes an additional payment permitted under the allowance scheme as the Council's representative on the Association Public Service Excellence.
4. The SRA (Column 4) paid to Councillor Murphy includes additional payments permitted under the allowance scheme as a Council representative on the East London Waste Authority and the Council's representative on London Council's Transport and Environment Committee.
5. The SRA (Column 4) paid to Councillor Sheekey includes an additional payment permitted under the allowance scheme as a Council representative on the East London Waste Authority (to 19th February 2009).
6. The SRA (Column 4) paid to Councillor Ian Corbett includes an additional payment permitted under the allowance scheme as the Council's representative on the East London Waste Authority (from 19th February 2009).

SCHEDULE 2 – Co-opted Members serving from 1st April 2008 to 31st March 2009 or part thereof

Initials	Name	Co-optees' Allowance £	Travelling Allowance £	Subsistence Allowance £	Dependants' Carers' Allowance £
C	ETIENNE	376	0	0	0
R	FRYATT	400	0	0	0
A	HUSSAIN	443	0	0	0
E	KEMP	984	0	0	0
M	MOPHO	752	0	0	0
T	ROBINSON	410	0	0	0
J	VAN BUSSEL	410	0	0	0
S	WILSON	984	0	0	0
N	YEAHYA	984	0	0	0

NEWHAM SERVICES FORUM

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Newham Local Housing Allowance (LHA) rates August 2009

Number of bedrooms	Weekly amount
shared room rate (one bedroom in shared accommodation)	£ 79.00
1 bedroom	£ 161.54
2 bedrooms	£ 201.92
3 bedrooms	£ 253.85
4 bedrooms	£ 300.00
5 bedrooms	£ 369.62

The table shows the rates we will use to calculate the maximum amount of housing benefit for tenants affected by LHA. The actual amount of benefit that a tenant will get depends on income, savings and who lives with them.

From 06 April 2009, the maximum LHA rate payable for new claims is for the five bedroom rate only.

How to work out LHA entitlement

The LHA rate a tenant is entitled to depends on the number of bedrooms allowed for them and their household.

One bedroom is allowed for each of the following:

- > a couple
- > a single adult/young person (over 16)
- > two children of the same sex under the age of 16
- > two children regardless of sex under the age of 10
- > any other child

For example, an adult couple with a child would be entitled to one bedroom for the couple and one bedroom for the child.

This means that the 2 bedroom LHA rate would be used to work out their benefit.

Call Newham Council Tax and Benefits Service on 020 8430 2000 for further information

Reaching out to Communities

Success and Services in Newham

11th August 2009 – 6pm to 9pm

at Avicenna House, 258-262 Romford Rd, London E7 9HZ




We are inviting all members of the community to join us for dinner and discussion on developments in the Borough.

To register please call Emma on 0208 281 5707, or arrive at 6pm to register in person

Organised by

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 British Institute of Technology & E-commerce

Your Borough—Know What's Going On...



POSITIONS VACANT

Permanent Roles

Training Centre Manager - £27,500 pa

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Internships

6 Month Contracts; £6 per hour; 30 hrs per week; For Graduates with relevant degree or diploma qualifications. Excellent computer skills required.

Sales & Marketing Intern

Operations & Events Intern

All roles require fluent English language skills with clearness and clarity of spoken English essential. Hours include weekends and evenings due to the operational requirements of our business. All roles will commence on the 7th September. Please email a detailed CV and application letter to recruit@hteschools.com

Roles also incorporate responsibilities for the faculty of the London Hotel & Tourism School. Both faculties are divisions of HTE Schools Ltd based at the HTE Schools Training Centre on the Western-dock at ExCeL London E16.

www.hteschools.com

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4:00 PM to 8:00 PM

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- MSc Innovative Technology
- MBA Banking & Finance
- MBA Innovative Management
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- BSc Technology & E-commerce

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- IELTS

A Solicitor will be available to offer Student Immigration Advice on both days.

 British Institute of Technology & E-commerce

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Email: admissions@bite.ac.uk | Website: www.bite.ac.uk

NEWHAM

>> IN FOCUS



Flying the flag



Newham Council will be flying the Pakistani and Indian flags from Newham Town Hall, East Ham, to mark their independence days. On Friday 14 August at 11am the Pakistani flag will be raised. On Saturday 15 August at 11am the Indian flag will be raised. National anthems for the respective countries will be played at each event; visitors should ensure they arrive 15 minutes before the flag is raised.

The UCA (Upton Community Association) and ICCAN (Indian Community Care Association of Newham) are inviting residents to India's independence day celebrations from 12 noon on Saturday 15 August. The event will take place at the Upton Centre, Claude Road, E13, and will include a flag raising, cultural programme and light refreshments.

Improving mental health in the community

One in four of us will experience a mental health problem at some point in our lives. Mental health problems can affect anyone, rich or poor, young or old, shattering the lives of those affected and of the people close to them.

Mind is the leading mental health charity in England and Wales, working to create a better life for anyone experiencing mental health problems. Mind in Newham currently offers a range of services which include advocacy, support, advice and information from the Mind office at 505 Barking Rd, Plaistow. If you feel distressed or depressed and would like to find out more about how Mind can help you call 020 8548 9037, email info@mith.org.uk or visit www.mith.org.uk



Michael Taylor's Milk Watch – an entry last year

New Pathways Film Fund

New Pathways
2010

in association with



Fancy yourself as a future filmmaking mogul? Why not show the world what you're made of with the New Pathways Film Fund? This training programme for new film-makers looks at new techniques and technologies, helps with script development and

explores alternative routes of exhibition and distribution.

The scheme is looking for exciting stories told with a fresh, individual voice and, where possible, using locations from the three partner boroughs (Newham, Tower Hamlets and Hackney). There are 15 places available on the training scheme and six bursaries of £1,500. Applicants must live, work or study in Newham, Hackney or Tower Hamlets, be over 18 and not have had a film screened on TV or at a major film festival.

Apply by 10am on Monday 7 September. To apply, please visit www.filmlondon.org.uk/boroughfilmfunds and follow the link to the New Pathways online application form. For more information contact David Fearn on 020 8430 2261. New Pathways is part of the London Borough Film Fund Challenge and is supported by Film London.



If you like football and would like to raise money for charity, mark Saturday 15 August in your diary. From 12 noon, KICKS, will be hosting a five-a-side football tournament at West Ham Community Ground. The teams will be split into two age groups, under-16s and over-16s. Whether you're part of a team that plans to come along, or it's just you, everyone is welcome. The event is in aid of Eden's Trust, an organisation dedicated to making holidays and travel safer for everyone. The entry fee is £5 per head. If football's not your thing, there will also be face painting, a steel band, refreshments, psychic readings and cheerleaders. The event ends at 5pm. KICKS is at 60a Albatross Close, off Woolwich Manor Way, E6. For more information about Eden's Trust visit www.edenstrust.org.uk

Local councillor, Ron Manley, meets Stratford resident Josie (1) at the event



Story time



Big Lunch is a big hit at Rokeby Hub

The Big Lunch saw communities all over Newham – and the UK – get together to share each other's company and some good grub.

More than 80 people got into the neighbourly spirit as part of Big Lunch celebrations at the Rokeby Hub in Stratford, which saw parents and children turn out for the fun-packed day and enjoy games, music and some

delicious multicultural food. There was also a special visit from Councillor Ron Manley and members of the Safer Neighbourhoods Team.

Centre manager, Loreen Phillip, said: "It was wonderful seeing so many people from the area turning out to offer their support and getting to know each other."

For more information about the Rokeby Hub contact 020 8555 3125.

Shopping Festival

Shopaholics and fun lovers should mark Saturday 15 August in their diaries for a one off Shopping Festival. The free event, organised by the Zenjydar Community Association and sponsored

by Westfield, developers of Stratford City, will take place at Lister Community School, St Mary's Road, E13, from 4-9pm. Go along and pick up a bargain. On sale will be

clothes, toys, bric-a-brac and East African foods. There'll also be activities including arts and crafts, henna painting, face painting, a bouncy castle and Islamic arts, as well as food nutrition and health advice. All are welcome to attend.

Learn more about higher education

Find out all you need to know about higher education, as Birkbeck University's Stratford campus takes its information sessions into local libraries this August. Staff will be on hand to talk about the different courses on offer and give advice on how to apply, as well as information on financial help and disability support.

All Birkbeck Stratford courses are taught part-time in the evening, allowing students to gain new qualifications without giving up work and getting into debt. There is also English language support available. Find your nearest roadshow below:

- Monday 10 August: 10am-12noon at Manor Park Library, Romford Road, E12
- Tuesday 11 August: 3-5pm at Stratford Library, 3 The Grove, E15
- Wednesday 12 August: 2-5pm at Beckton Globe, 1 Kingsford Way, E6
- Thursday 13 August: 10am-12noon at Green Street Library, 337-341 Green Street, E13
- Friday 14 August: 2-5pm at Forest Gate Library, 4-20 Woodgrange Road, E7



Sripadma (R) Teaching at Grassroots

Calling dancers, young and old

Universal Language of Communication (UNLOC), the West Ham-based dance organisation, is calling female dancers and dance groups (adults) to get involved in an exciting evening of dance and a chance to share in the diverse cultures of Newham.

On 19 September from 5-8pm, Grassroots in Memorial Avenue, E15, will hold Energetic Eve, a dance event for women. Each dance group will perform its own cultural dance to traditional music, and afterwards will get together for a free workshop on Indian folk dance,

led by Sripadma Ganapathi. Participation is free. Interested? Register before 19 August by calling 020 7473 3278 or emailing energetic-eve@unloc.co.uk

If you are aged eight to 16 and want to learn more about Indian folk dance, join UNLOC at Grassroots for a series of free workshops on Wednesdays, 12, 19 and 26 August. No experience necessary – just bring your enthusiasm! The workshops are run in partnership with Newham Council and West Ham and Plaistow New Deal for Communities. For more information call 020 7473 3278.

Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
**KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU**

**DON'T FORGET - TO WIN A PRIZE YOU MUST
INCLUDE YOUR PHONE NUMBER WITH YOUR ENTRY!**

GALLERY



Veshnav Ghoorah, 7



Muhammed Ibrahim Khan, 7



Krupali Patel, 13



Winner

Ilma Fairuze, 7

Win a meal at Docklands Bar & Grill for your family!

Win a delicious meal for four at Docklands Bar & Grill and give your family a wonderful time!
If you'd like a chance to win this fantastic prize send your pictures, jokes and poems to **Kids' Corner, West Wing, 4th floor, Newham Dockside, 1000 Dockside Road, London E16 2QU.**

Don't forget to write your name, age, address and contact telephone number on your entry - good luck!

To book a table call 020 7055 2119 or visit docklandsbarandgrill.co.uk



Poem

Teddy bear

Teddy bears make
me happy
Teddy bears are the best
Teddy bears are
so cuddly
They're better than
the rest!

They make me happy
when I am sad
They also make me
fall asleep
And when I have a
headache
They won't keep on
going beeeeeep!

Teddy bears are different
From every other toy
Because they're so soft
and cuddly and
For both girls and boys

Teddy bears are
very popular
Because of how
they look
You can find them
anywhere
Even in a book!

By Samirah, aged 10

Word-fit

You must fit all the
words into the grid



4 letters	4 letters	4 letters	4 letters	6 letters	8 letters	8 letters
CHIC	JUNE	NEED	SAND	BRAZIL	ELECTION	REACTION
CLAW	LAZE	NOAH	SODA	FIERCE	ICECREAM	SARDINIA
CYST	LOSS	OPUS	SPOT		NEWSROOM	SUNBLOCK
ECHO	MICE	PIER	TONE		OLYMPICS	SUNSHINE
HEAT	MIND	POOL	UNIT		POSTCARD	SWIMSUIT
HERO	NEAP	PYRE				

YOUR SPACE

where young people take control

**Got something
to shout
about? Email
your ideas to
[newham.mag@
newham.gov.uk](mailto:newham.mag@newham.gov.uk)**

MUSIC MUMZY'S WAY



Every artist fondly remembers their first 'big break', the moment that launched their career and propelled them into stardom. We spoke to local boy Mumzy Stranger about his debut single and his journey from bedroom lyricist to one of the British Asian music scene's most promising new artists.

A British Bengali from Plaistow, Mumzy, born Muhammad Mumith Ahmed, adapted his middle name to create a stage persona that people will remember and a musical style they'd find hard to ignore. Growing up in the 1990s, his musical roots lay in the underground sounds of the UK garage music scene where he developed a passion and a flair for MCing. Keen not to become just another rhymester, Mumzy created a unique sound by blending in soulful vocals to break up his rapping.

In 2005, his friend sent a demo tape to the BBC Asian Network, which was shortlisted in the finals of the BBC Asian Network Unsung competition, for unsigned talent. Despite falling short of the grand prize his consolation was meeting producer supremeo Rishi Rich. Seeing his potential, Rishi quickly took Mumzy under his wing and gave him the big break he had always dreamed of.

Mumzy released two promo singles: Stranger and Let's Party, and has since worked with a range of artists including bhangra king Jassi Sidhu and heavyweight Bollywood music director Anu Malik. In between all this he's also had time to be an ambassador for Newham Council's anti-gun and knife crime

campaign, Enough is Enough.

Mumzy is about to launch his debut single, One More Dance, which he hopes will set a new benchmark for the industry. This is just the starting block for what Mumzy hopes to be a long spanning and successful musical career.

**For more information about Mumzy
visit www.mumzystranger.com**

WHAT'S ON?

FOUR PAGES
OF ACTIVITIES
MOSTLY FREE,
ALL FUN!

To view hundreds of events, or to add your own,
log on to www.newham.gov.uk/whatson

7-21 AUGUST

ALL LIBRARY LISTINGS

UNDER 5s GROUPS

All open to under 5s with their
parents/carers.

Storytelling
Beckton Globe
Friday 10-11am
Canning Town
Monday 10.30-11.30am
Custom House
Tuesday 10.15-11.15am
East Ham Wednesday 2-3pm
The Gate Friday 11am-12noon
Green Street Thursday
10.30-11.30am
Manor Park Thursday
10.30-11.30am
North Woolwich
Thursday 2-3pm
Plaistow
Tuesday 11am-12noon
Stratford Tuesday 11am-
12noon and Friday 2-3pm
Crafts Club
Manor Park
Tuesday 10.30-11.30am
Toy Library
Beckton Globe Monday
10am-12noon and
Thursday 1-3pm
East Ham Tuesday
10am-12noon and Thursday
10am-12noon
Imaginative Play
East Ham Friday
10.30-11.30am

ADULT READING

Adult Reading Group
East Ham Monday 17 August
6.15-7.45pm

Stratford Monday 13 August
6.30-7.30pm

Tamil Reading Group

East Ham Wednesday 12
August 11am-1pm

Women-Only Urdu
Reading Group

The Gate Tuesday 11 August
5.30-7.30pm

Malayalam Reading
Group

East Ham Thursday 20
August 6pm-7.30pm

OTHER GROUPS

Over 50s Club

Beckton Globe
Tuesday 9.45-11.45am

Click-On

East Ham Friday 10am-
12noon and 2-4pm

Plaistow Friday 10am-
12noon and 2-4pm

ICT Surgeries

East Ham Friday 4pm-5pm

The Gate Thursday
10am-12noon

YOUNG PEOPLE

Summer Reading
Challenge: Quest Seeker'
Clubs – for children aged 4
to 12.

Beckton Globe

Thursday 4-5pm

Canning Town Saturday
10-12noon

Custom House Saturday
10-12noon

East Ham Saturday 10am-12
noon

The Gate Thursday 4-5pm

Green Street Tuesday 4-5pm

Manor Park Saturday
10-11noon

North Woolwich Thursday 16
July 3.30-4.30pm

Plaistow Thursday 4-5pm

Stratford Monday 4-5pm

Summer Reading

Challenge: Quest Seeker
Specials – Sessions with Writer
in Residence Mark Norfolk for
children aged 8 to 12.

The Gate Wednesday 12
August 10-11am

Green Street Wednesday 19
August 10-11am

Manor Park Tuesday 11
August 10-11am

North Woolwich Tuesday 18
August 10-11am

Games Club – For children
aged five to 12.

Canning Town Thursdays 13
and 20 August 4-6pm

Children's Games Club

– PS2 and Xbox games,
music, board games and more
activities for ages 8 to 13.

Custom House

Saturday 2-4pm

East Ham Tuesday

3.30-5.30pm

Manor Park Thursday 4-6pm

Family Reading Group – A
chance for children aged five
to 11 and their families to read
together and have fun.

The Gate Saturday 29 August
2.30-4pm

Teenage Games Club –
PS2 and Xbox games, music,
board games and many more

activities for ages 12-16.

Beckton Mondays and
Wednesdays 3-5pm

Teen Xtra Evenings – Free
activities for ages 12 to 21.

The Gate Friday 6-8pm

Stratford Playerz

Stratford Thursday 13 August
5.30pm-7.30pm

LIBRARY CONTACTS

Beckton Globe 1 Kingsford
Way, E6 5JQ. 020 8430 4063

Canning Town Barking Road,
E16 4HQ. 020 7476 2696

Custom House Prince
Regent Lane, E16 3JJ. 020
7476 1565

East Ham High Street South,
E6 6EL. 020 8430 3647

The Gate 4-20 Woodgrange
Road, Forest Gate E7 0QH.
020 8430 3838

Green Street 337-341
Green Street, E13 9AR. 020
8472 4101

Manor Park Romford Road,
E12 5JY. 020 8430 2207

North Woolwich 5 Pier Parade,
E16 2LJ. 020 8430 5900

Plaistow North Street,
E13 9HL. 020 8472 0420

Stratford 3 The Grove,
E15 1EL. 020 8430 6890
Archives and Local Studies:
020 8430 6881

Community
Outreach Services

For more information call
020 8586 6541



SPORTS PROGRAMME

Sessions are open to 8-18 year-olds, free unless otherwise stated and for all abilities. For more information call 020 8430 2484 or visit www.newham.com/2012Games. See venue code on opposite page.

Athletics

Every Friday 4.30-6pm 8 to 19 years, **DF**

Basketball

For ages 8 to 19 unless otherwise stated.

Leyton Orient Community Sports Programme (LOCSF)

Monday 3-5pm, **WP**
Monday 7-9pm, **FC**

Youngbloods Basketball Club

For more information please contact Caroline Charles 07958 307 657 or Steven on 07940 111 175.
Tuesday 6-8pm, under-15s and under-14s, **EH**
Tuesday 8-10pm, under-18 and under-16 boys, **EH**
Tuesday 5.30-7.30pm, under-16s and under-15s, **NL**
Thursday 6-8pm, under-15 boys national league, **NL**
Saturday 1-3pm, under-13s and minis, **EH**

Cricket

Thursday 5-7pm,
8 to 16 years
Newham Cricket Club
Langdon School

£1 per session

Tuesday 5.30-7pm,
8 to 19 years, **SC**
Thursday 4.30-6pm,
8 to 19 years, **DF**

Football

Monday 6-8pm, **PP**
Tuesday 5.30-7.30pm, **LI**
Tuesday 5-7pm, **ST**
Tuesday 5-7pm, **PC**
Wednesday 4.30-6.30pm, **RV**
Wednesday 5-7pm, 8 to 19 years, **ST**
Wednesday 7.30-9.30pm, 16+ years (£2 charge), **SC**
Thursday 5-7pm, **SC**
Thursday 6-8pm, **FG**
Friday 4-5.30pm (term time only), **SJ**
Friday 6-8pm, **PR**
Saturday 2-4pm, 6 to 14 years (£3 charge), **SC**

Ascension Football Academy

For more information please contact Louise on 07841 749 292.
Saturday
School years R to 3:
9.30-10.30am
School years 4 to 7:
10.45-11.45am
School years 8 to 11:
12noon-1.30pm
£2.50 per session
King George V Park

Newham All Star Sports Academy (NASSA)

For more information please visit www.nassa2012.org.uk
Monday 6-7.30pm 12-16 years mixed; 7.30-9pm 18+, **NL**
Tuesday 4.30-6pm

at **SB** (girls 11 to 16)
Thursday 6-8pm
CS, mixed (11 to 16 years)
Friday 16.15-15.30 (mixed 8 to 11years) 3.30-7.30pm (mixed 12 to 16years), **CS**
Saturday 11am-1pm
SB, (mixed 8 to 11years)

Estates Football and Basketball League

Monday 6-8pm, under-14s and under-17s, **SC**
Tuesday 5.30-7pm, under-12s and under-14s, **DF**
Friday 6-8pm, under-14s and under-17s, **LM**

Newham Swords Fencing Club

Thursday 6-8.30pm
Kingsford School
Friday 6-8.30pm
Lister School
Ages 8 to 18 years
Mini-fence sessions for 5 to 7 year olds
For more information call Linda on 07956 618 898

Football and Basketball

Monday 3-5pm
Winsor Park
Wednesday 5-7pm
New Beckton Park Ball Cage
Wednesday 4.30-6.30pm, **FP**
Wednesday 6-8pm, **PL**
Thursday 4.30-6.30pm, **PR**
Thursday 5.30-7.30pm, **BR**
Friday 5-7pm, **LG**
Friday 5-7pm, **CT**

Multi-Sports

Monday 5-7pm,
8 to 19 years, **LP**
Monday 5-7pm,
8 to 19 years, **AS**

Tuesday 4-5pm, **CD**
(term time only)
Tuesday 5-7pm,
8 to 19 years, **ST**
Wednesday 4-5pm, **CD**
(term time only)
Wednesday
5-7pm, 8 to 19 years, **TC**
Wednesday 5-7pm, **ST**
Wednesday 4-6pm, 10 to 19 years, **CP**
Wednesday 5-7pm, 8 to 19 years, **MR**
Thursday 5-7pm,
8 to 19 years, **TC**

Eastlea Handball Club

Thursday 4-5pm
11 to 18 years
Eastlea School
Thursday 5-6pm 4 to 11 years
Eastlea School

Stratford Handball Club

Monday 3.15-4.15pm
11 to 18 years
Stratford Secondary School
Monday 4.30-5.30pm
4 to 11 years
Stratford Secondary School

16+ schedule

Monday
Non Contact Boxing
Little Ilford Youth Centre,
Rectory Road, Manor Park
E12 6JB
6.00-8.00
AIR Football, **ST**
7.00-9.00
Twilight Football
Kingsford Community School
Kingsford Way Beckton E6
5JG, 6.30-8.30
Call Martin Tilbury on
020 8522 5778 for more
information



Tuesday

Non Contact Boxing
Shipman Youth Centre,
Prince Regents Lane Custom
House E16 3JH (closed for
refurbishment) 7-9pm.
Call 020 8476 1189 for more
information
Football
Gallions Primary School
Warwall Beckton E6 6WG
3-4.30pm
Table Tennis
Britannia Village Youth
Centre, 65 Evelyn Road West
Silvertown E16 1TU
5.30-7.15pm
Call Vicky Parver on 020 7476
1252 for more information

Wednesday

Non Contact Boxing
Britannia Village Youth
Centre, 65 Evelyn Road West
Silvertown E16 1TU, 6-8pm
Basketball, **WP**, 7-9pm
East Potential Football, **ST**,
5-9pm
Twilight Football
Kingsford Community School,
Kingsford Way Beckton E6
5JG, 6.30-8.30pm

Thursday

Non Contact Boxing
& Table Tennis
Priory Park Youth Centre
6-8pm
Table Tennis, **WP** (closed for
refurbishment) 5-7pm
Football, **WP**, 5-7pm
Call Paul Lemonius on
020 8586 7043 for more
information.

Friday

Non Contact Boxing, **WP**
(closed for refurbishment)
6-8pm
AIR Football, **ST**, 7-9pm
Twilight Football
Kingsford Community School
6.30-8.30pm

Boxing

East Ham Boleyn ABC

East Ham WMC, 2 Boleyn
Road E6 3DP
07958124144
Daniel Penny
Monday, Tuesday,
Wednesday 5-6pm
West Ham Boys ABC
The Black Lion, 59-61 High
Street, Plaistow E13 OAD
020 8472 3614
Lianne Jameson
Monday, Wednesday, Friday
5-6pm
Peacock ABC
Caxton Street North
Canning Town E16 1JL 020
7511 3799
Martin Bowers
Monday, Wednesday, 6-8pm
Newham Boys ABC
Old Bath House
141 Church Street
Stratford E15 1SE
020 8519 5983
Ravinder Atwal / Joe
Chapman
Monday, Wednesday, Friday,
6-7.45pm
Fight For Peace
Woodman Street
North Woolwich
London E16 2LS
020 7474 0054
Louise Brown
Phone for session details

**Contact any club before
visiting.**

Venue Addresses

AS Alma Street MUGA
Stratford E15
BR Barking Road Rec
Burgess Road, East Ham E6
TC The CAGE (Chatsworth
Active Games Enclosure)
Cruickshank Road,
Stratford E15
CP Cann Hall Park
Off Cann Hall Road, E11
CT Canning Town MUGA
Corner of Freemasons Road
and Sophia Road, E16
CD Carpenters and
Docklands Centre
98 Gibbins Road, Stratford

E15 2HU

CS Cumberland School
Sports College
Oban Close, Plaistow E13 8SJ
DF Drapers Field
Temple Mills Lane, off Leyton
High Road, E15
EH East Ham Leisure Centre
324 Barking Road,
East Ham E6 2RT
FP Ford Park,
Canning Town, E16
FG Forest Gate Youth Centre
Woodgrange Road, E7
FC Froud Centre
Toronto Avenue,
Manor Park E12 5JF
LP Langthorne Park
Off Leytonstone High
Road, E11
LM Leyton Manor Park
Off Capworth Street,
Leyton E10
LG Lister Gardens Park
Corner of Upper Road and
Florence Road, Plaistow E13
LI Little Ilford Ball Cage
Reynolds Avenue,
Manor Park E12
MR Major Road Ball Cage
Stratford E15
MP Memorial Park
West Ham E15
NB New Beckton Park Ball
Cage, Savage Gardens,
Beckton E6
NL Newham Leisure Centre
281 Prince Regent Lane,
Plaistow E13 8SD
PC Phoenix Cage
Milner Road, West Ham E13
PP Plaistow Park
Balaam Street, Plaistow E13
PL Plashet Park
Woodhouse Grove,
East Ham E6
PR Priory Park Ball Cage
William Morley Close,
Upton Park E13
RV Royal Victoria Gardens
Pier Road, North
Woolwich E16
SB Sarah Bonnell School
Deanery Road,
Stratford E15 4LP
SC Score Complex

100 Oliver Road
Leyton E10 5JY

SP Scud Park Ball Cage
Tant Avenue,
Canning Town E16
ST Stratford Park
Densham Road,
Stratford E15
SJ St John's Community
Centre, Albert Road, North
Woolwich E16
WP Winsor Park, Warwall,
Beckton E6

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Multi-Sports

Mondays at Eastlea multi-sports
club for SEN & disabled young
people, Eastlea Community
School from 4-5.30pm

Multi-Activities

People with Disabilities Club,
Tuesdays at Newham Leisure
Centre from 10.30am-12noon

Swimming

People with Disabilities Club,
Tuesdays at Newham Leisure
Centre from 3-5pm
Newham Otters Swimming Club,
Saturdays at Newham Leisure
Centre from 4.45-5.45pm
Real Life Parenting, Sundays
at Balaam Leisure Centre from
2-4pm

Trampolining / Fitness / Swimming

SEN and disabled adults at
Newham Leisure Centre,
Tuesdays from 10am-4pm





Get fit for free

Free use of the gym for one year for people with learning disabilities at Newham Leisure Centre on Tuesdays from 1.30-3.30pm. To book an induction you must contact Susy Massey on 020 7511 4477

Goalball

First Thursday of the month at Newham Club, Brampton Manor School from 5-7pm

B1 Football Club

Third Sunday of every month at East Ham Leisure Centre from 10am-12midday

STRATFORD MUGA ACTIVITIES

Monday

Community Forum Ladies, 5.30-9.30pm

Tuesday

Basketball, 5-6.30pm
Focus E15 Football, 8-10pm

Wednesday

Handball U12s, Handball Courts, 4-5pm
Handball U16s TID, Handball Courts, 5-7pm

Thursday

Newham Junior FUTSAL, 5-7pm
Newham FUTSAL League, 7-10pm

Friday

Focus E15, Football session, 7-10pm

Saturday

Newham EBS Basketball, 12noon-3pm (every 2nd Saturday of the month)

Newham EBS Handball, Handball Courts, 10am-1pm (every 3rd Saturday of the month)
Russian Circle "Zaniye", Old MUGA, 3-6pm

Key holders: LOCSP: 020 8556 5973; Darren Watson: 0208 430 2489; Leon O'Sahon: 020 8430 2479

ALL OTHER LISTINGS

OTHER EVENTS

West Ham Bowling Club

New members welcome
Accessible to players with disabilities
Mondays to Fridays, 12.30-3.15pm
Beginners Wednesdays, 6-8pm
Bowls Pavilion
Stratford Park, Densham Road, E15
Call 020 8471 5252 or email
branch secretary John at
john@boatmaster.co.uk

Get Fit @ The Hub

123 Star Lane, Canning Town, London E16 4PZ
Equipment provided
Mondays 1-2pm, 18+
£2 unwaged / £4 waged

Royal Falcons Football Club

Football for ages 6+
Beginners, boys/girls welcome
Tuesdays, 6.30-8pm and
Saturdays, 10.30am-12noon
Savage Playing Fields, Savage Gardens, Beckton
£2-3 per week for both sessions

For more information call Nick on 07764 356 077.

Women only fit club

Fridays 9.30-10.30am (term-time only) Froud Centre, Romford Road, E12 £2
All abilities welcome
Wear trainers and loose clothing. Bring a mat and bottle of water. Prepare to have fun! Call Paulette on 07846 713522 for more information.

Over 50's bingo

Every Thursday, 1-3pm
New Granwell Community Centre, Whitwell Road, Plaistow
For more information call Doreen on 020 7474 9202

Newham Swimming Club

Join this ASA affiliated competitive swimming club for approx eight year olds and upwards, depending on swimming ability.

Training most nights in Newham leisure centres.
Entry to the club through monthly trials.

Contact Head Coach John Harvey on 07749 724 696 to arrange attendance at a trial night. Check the club website for basic entry requirements: www.newhamswimmingclub.org.uk/howtojoin

Writing advice special sessions with Newham's writer in residence

Learn the tricks of the trade from our very own expert, Mark Norfolk.

The Gate

Wednesday 12 August, 10-11am
8-12yrs

Green Street

Wednesday 19 August, 10-11am
8-12yrs

Manor Park

Tuesday 11 August, 10-11am
8-12yrs

North Woolwich

Tuesday 18 August, 10-11am
8-12yrs

Plaistow

Tuesday 25 August, 10-11am
8-12yrs

Stratford

Wednesday 26 August, 10-11am
8-12yrs

USEFUL NUMBERS

020 8430 2000

Hundreds of services, just one number – for all council enquiries

For questions about councillor surgeries or to find out which ward you live in, call 020 8430 2000 or visit www.newham.gov.uk/yourcouncillor

Write to Mayor Sir Robin Wales at Newham Town Hall, Barking Road, East Ham E6 2RP or email mayor@newham.gov.uk

For information about Community Forums freephone 0800 519 4015 or email community.forums@newham.gov.uk

For information about the 2012 Games and how it will affect Newham, visit www.newham.com/2012Games

To report anti-social behaviour call Newham's 24-hour hotline on 0800 731 3300

To speak to the editor of The Newham Mag, call Anita Plaha on 020 8430 2000 or email newham.mag@newham.gov.uk

Refuse Service Collection Dates Revised August bank holiday 2009

Please leave your orange bags beside your bin on your property (not on the street) by 6am on the morning of your collections.

Don't forget to recycle your unwanted newspapers, magazines, scrap paper, directories (including yellow pages) and leaflets in your orange bag.

For more information please contact Newham Council on 020 8430 2000.

Collection Day	Revised Collection Day
Monday 31 August – Bank Holiday	Tuesday 1 September
Tuesday 1 September	Wednesday 2 September
Wednesday 2 September	Thursday 3 September
Thursday 3 September	Friday 4 September
Friday 4 September	Saturday 5 September

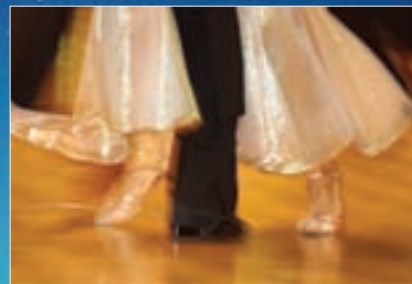


FREE LIVE MUSIC UNDER THE STARS

Newham London

Come Dancing With Us

Thursday 3 September
7 - 10.30pm



ASIAN EVENING

*plus Under 5s Picnic
12noon - 3.30pm*

Friday 4 September
7 - 10.30pm

CELEBRATING 50 YEARS OF

MOTOWN MUSIC

*plus Children's Party
12noon - 3.30pm*

Saturday 5 September
7 - 10.30pm



The Royal Philharmonic Concert Orchestra

plus dazzling Fireworks Finale

Sunday 6 September
7 - 10.30pm

**Central Park
High Street South
East Ham E6**

No public parking,
please use public transport

Tube: East Ham Station

Buses: 58, 101, 104, 115, 474 to
Central Park. 5, 147, 238
to Barking Road



Parking, toilets and
access information
020 8430 2000

This event takes place on grass.
You may be searched as a
condition of entry. No dogs or
glass bottles.

020 8430 2000
www.newham.com/summer

In association with



*Brought to you by the
Mayor of Newham*